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HOMEMAKERS' CHAT

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Weighty Matters" - Information from the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture

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Here's a note to the girl who's thinking about her weight.

Food specialists of the U.S.Department of Agriculture tell us that both the overweight and underweight can take part in the nation's drive to conserve food.

Do you weigh as much as 15 pounds more than the average and would like to reduce? Well...here are some suggestions from the food specialists.

Key your reducing diet to the times. Eat almost no grain food. A thick slice of bread or an ounce serving of cereal counts about 100 calories. Substitute fruits and custards for baked desserts such as pie and cake. This will make it possible for you to trim off 100 to 300 calories at a time.

You can cut another hundred calories for every tablespoon of fat you omit by leaving out fried foods and salid dressing.

On the positive side--the food specialists advise you to eat plenty of fruits and vegetables regular. Eat potatoes. Use plenty of protein foods such as milk, eggs, and poultry. And for vitamin B safety eat the seed-type vegetables---peas, lima beans and corn--regularly.

Just one thing to keep in mind. Do not go on a reducing diet--except under a physician's guidance---if you are under 20 years of age.....if you are a young mother....or if you have organic complications.

And do not cut the calories in your day's meals if you are more than 10 pounds underweight. In your case...the advice is to eat more generously of other foods---especially milk, meat, eggs, fruits, and vegetables---and eat less grain food and fat.

In any case--whatever your weight--you help fight famine when you cut food waste.

5-6-46

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